

**Mental Health Nursing**  
**Class Preparation**  
**Antidepressant Therapy**

**Directions:** Please fill in the blanks and answer the questions in the spaces provided.

1. What is the mechanism by which antidepressant medications achieve their desired effect (regardless of the different physiological processes by which this action is accomplished)?

Inhibition or blocking of norepinephrine reuptake, as well as dopamine and/or serotonin

2. For what must a nurse be on the alert with a client who is receiving antidepressant medication?

seizures

3. When should a nurse expect a client to begin showing signs of symptomatic relief after the initiation of antidepressant therapy?

10 days to 8 weeks

4. Give an example of a tricyclic antidepressant: Amitriptyline

Give an example of an MAOI: Phenelzine

Give an example of an SSRI: Fluoxetine

5. Describe some common side effects and nursing implications for tricyclic antidepressants.

Anticholinergic effects:

Dry mouth, blurred vision, urine retention,

constipation, tachycardia

6. Hypertensive crisis is the most potentially life-threatening adverse effect of MAOIs. Symptoms for which the nurse must be on the alert include:

HA, nausea, increased HR & BP

7. What must be done to prevent these symptoms from occurring?

Avoid tyramine rich foods (old cheese, avocados, beer)